

You booze, you lose

Student drinking is in the spotlight as medical experts, university officials weigh in on the dangers of alcohol abuse on and off campus **PAGE 3**



HARPER VISITS AMHERST

GIVES UPBEAT ADDRESS TO TORY FAITHFUL AT BBQ **PAGE 8**



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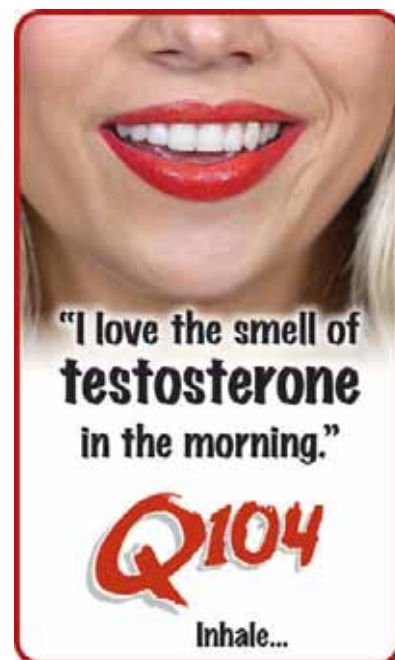
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Thursday, August 30, 2012



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EYE ON THE BALL

Hillary Monette of New Minas attempts to block a shot from Norway's Sannarnes Irmelin Torsvik during the opening day of competition of the FIVB world junior (under-21) beach volleyball championships in Halifax on Wednesday. Monette and Halifax's Meaghan MacDougall lost to both Norway and Germany on opening day. The Nova Scotia tandem was added to the 32-team women's draw late Tuesday night after another team dropped out.

More coverage, page 4. **JEFF HARPER/METRO**

'She will truly be missed'

Ruth Goldbloom.

A Nova Scotia icon dies Wednesday after battling lung cancer

Ruth Goldbloom, who spearheaded efforts to establish Pier 21 as a national immigration museum in 2010, has died.

She was 88.

Premier Darrell Dexter said in a statement on Wednesday that Goldbloom dedicated her life to enriching the lives of Canadians.

Goldbloom was born in New Waterford, and was an active community leader who co-founded the Pier 21 Society in 1990.

In 1992, Goldbloom was appointed as a member of the Order of Canada, and was later promoted to officer within the Order of Canada.

She received the Order of Nova Scotia in 2008.

Goldbloom was also the first chairwoman of the annual Metro United Way Campaign in 1989.

"Ruth was a woman of such energy, passion and commitment," Dexter said.

Enriching the lives of Canadians

Ruth Goldbloom spoke with Metro Halifax two years ago after the House of Commons designated Pier 21 a national immigration museum.

• It was a joyous moment for the then 86-year-old.

• "It means so much for Pier 21," she said. "We are a country of immigrants, and it's the diversity of our population that has made us into a strong and great country." **METRO**



"She dedicated her life to enriching the lives of Nova Scotians, and her legacy will have a lasting effect on Nova Scotia and Canada. She will truly be missed."

When Goldbloom's appointment as a member of the Order of Canada was announced, she was described in her citation as someone whose volunteer work helped bring about change.

"An exemplary volunteer, she transcends social and religious boundaries to support various worthy

causes and encourages others to break barriers through action and giving," it says.

She is survived by her husband Dr. Richard Goldbloom, a professor of pediatrics at Dalhousie University. They had three children and seven grandchildren.

Goldbloom's funeral is taking place Friday at The Cunard Centre at 2 p.m., with a reception to follow at Pier 21's Canadian Museum of Immigration.

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Report on student drinking coming — in time for frosh week

The province's top doctor is poised to deliver a report on alcohol harm reduction in universities, days before a tidal wave of students engulfs the city.

Chief public health officer Dr. Robert Strang will release his findings at Acadia University Thursday, nearly a year after heavy drinking led to the death of a student.

Alcohol abuse is a problem university leaders face every year, trying to balance damage control and the "university experience."

At Saint Mary's orientation

week events, the student association vice-president of student life says a smorgasbord of awareness and education events will be balanced with a tougher approach to enforcement.

"I am very much on board for the awareness aspect, I really don't want to be burying someone this year," said Carrigan Desjardins.

Frosh events at SMU and Dalhousie have been "dry" for several years, but students are on their own once they leave campus. Dalhousie Student Union president Jamie Arron

Old habits die hard

- Saint Mary's University director of housing and conference services Matt Robinson says more and more students are arriving at university with their drinking habits already formed, making alcohol education more of a reactive exercise.
- "A lot of it now is setting up expectations and challenging assumptions about what it means to be at university," he said.

says careful planning can help keep new students engaged in the alcohol-free events.

"We really put a focus on daytime events, so students are encouraged to go to sleep

early, get up, and make the most of their experience, rather than spend the day in bed and then party all night," he said.

Arron says orientation

week events are designed to get students thinking beyond the first week to avoid choices that could damage their university career.

Student leaders have no jurisdiction in university residences, which aren't typically dry. Dalhousie imposes a four-day alcohol-free period — from Sunday until the day before classes — to encourage a focus on academics. Both universities take a restorative approach that allows offenders to make amends, rather than facing tough penalties.

RUTH DAVENPORT/FOR METRO

Alcohol fight can't start with university, expert says

Student drinking. Universities deserve kudos for tackling complex problem, Dan Steeves says, but need help with culture shift

RUTH DAVENPORT
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A Capital Health official working with Saint Mary's University to revamp its alcohol policy says the school deserves credit for taking the lead amid a lack of action from lawmakers.

Dan Steeves, a health promoter with Addictions Services, is helping the school figure out how to promote a healthy appreciation of alcohol among students — and curb more dangerous habits.

Steeves says he appreciates the school taking the proactive step — but says it can't control some of the main factors driving alcohol use and abuse, such as cost and accessibility of alcohol.

He says the province

missed a step when it raised minimum drink prices at bars and restaurants, but didn't review prices at its own liquor stores.

"Students can buy alcohol in bulk from any NSLC for much less than \$2.50," he said. "So we have a strange phenomenon in Nova Scotia where high alcohol content is priced lower than low alcohol content, so we actually drive the population to purchase high alcohol content products."

Steeves says his department, along with chief public officer of health Dr. Robert Strang, have asked the province to review alcohol prices.

A release from Mayor Peter Kelly also calls on the province to enforce the Liquor Control Act to curb "binge drinking" at downtown bars.

But Steeves says Kelly and regional council haven't done all they could to help change cultural attitudes towards alcohol use. He says HRM should have an alcohol policy that controls alcohol imaging and advertising — particularly where kids are present.

"Our chief public health



Dr. Robert Strang, Nova Scotia's chief medical officer, will be releasing his alcohol harm reduction strategy on Thursday at Acadia University. METRO FILE

officer has looked at the data and told us we're drinking younger than ever before, we're drinking more than ever before, we're having increased harms like never before," he said. "Students are already immersed in this being a cultural expectation."

Quoted

"We know through tobacco work that...if you make a substance cheap, you make it available everywhere and you promote it as awesome, chances are the community's going to say OK, we'll use a lot of it."

Dan Steeves, Capital Health District health promoter

Mobile news



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Over to you. Meeting set for Dartmouth development

Another substantial development planned for downtown Dartmouth will be put to a public hearing on Thursday night.

Michael Napier Architecture has proposed a seven-storey mixed-use building at the corner of Ochterloney and Victoria roads.

Lotus Point Living includes more than 3,000 square feet of commercial space and 51 residential units, more than the density currently permitted under local zoning laws.

Downtown Dartmouth Business Commission executive director Tim Rissesco calls it an "excellent" development and said the increased density shouldn't be cause for opposition.

"I think you have to have balance between development and the economics of it," he said. "If it's slightly higher density but it encourages further development in the downtown area, that's not a big concern for me."

Area councillor Gloria McCluskey says she hasn't heard any concerns from residents about the project, and said she's personally reserving judgment until after the meeting.

"It kind of fits in with what's around there, but I guess we'll see," she said. "Hopefully people won't be unhappy with it, because it looks like it'll be a nice development."

Local residents raised several concerns about another development proposed for nearby Irishtown Road at a public meeting in June. Participants were unhappy with the scale of the three apartment buildings, the design and the proximity to Greenvale School.

Rissesco says he doesn't anticipate similar concerns at tonight's meeting, but encouraged any local resident with strong feelings for or against the development to show up.

The meeting is at 7 p.m. at the Alderney Gate Library.

RUTH DAVENPORT/FOR METRO

The beach is fake, but the excitement is 100% real



Halifax's Meaghan MacDougall bumps a ball against a team from Norway during the opening day of competition in the FIVB world junior (under-21) beach volleyball championships in Halifax on Wednesday. JEFF HARPER/METRO

Downtown. Organizers hoping to draw more than 20,000 people

ANDREW CALEY
halifax@metronews.ca

On another beautiful summer day on the Halifax waterfront, why not go and enjoy some beach volleyball action?

At least that's what Patrick Bourk and his wife Danielle thought.

The couple visiting from Toronto didn't even know the Fédération Internationale de Volleyball (FIVB) world junior beach volleyball championships were taking place in Halifax until they walked upon it on Wednesday.

"I don't think you could tell that you're not at the beach," he said. "They did a great job setting up by what's a great waterfront here in Halifax. It's like it should be here all the time."

That is exactly what Derek Martin wants to hear. Martin is the president of Sports En-

tertainment Atlantic, which produced the event on the Lower Water Street parking lot, and is hoping fans come out in droves to help put Halifax permanently on the international beach volleyball map.

Halifax is the only city to host this under-21 tournament two years in a row, and if successful, the city is hoping to become a yearly stop in the FIVB world tour, Martin said.

"The buzz this year has been this is the tournament to come to," he said of the event that runs through Sunday. "People from Turkey and Russia and all these different places now see Halifax on their calendar and look forward to coming here."

That is due in large part to the unique venue. The 2,000 tonnes of sand brought into the heart of downtown Halifax by 65 dump trucks has created a special atmosphere for the athletes and spectators to enjoy, said Martin.

"I'm not sure if the event would work at a traditional beach," he said.

VIA looking to integrate bus and rail services

VIA Rail is looking at integrating bus and rail services in Nova Scotia and New Brunswick in partnerships that the Crown corporation's president says could be a key element in Canada's transportation network.

VIA is looking at harmonizing bus and train schedules, offering all-inclusive ticket pricing and using VIA train stations as bus stops, Marc Laliberte told the Halifax Chamber of Commerce on Wednesday.

"Carriers must see their networks as part of the passenger transport ecosystem," Laliberte said.

"In any other part of the country, not just here in At-

lantic Canada, we are trying to do as many partnerships as we can because we feel this is the right way to go. This is the best way to invest taxpayer money."

Laliberte said the company has already started talking to bus operators in the Maritimes and provincial governments, but would not go into further detail.

"I can tell you that there is an interest, and we will pursue the discussions," he said. "I think the message is well received."

The move was hailed by David Jeanes, president of Transport Action Canada, a public transportation advocacy group.

"An integrated rail and

Future of transport

- VIA's announcement comes just a few weeks after Acadian Lines, the only intercity bus service in the Maritimes, announced it would cease operations on Nov. 30, fogging the future of bus transportation in the region.

bus network is really essential to the social health of the Maritimes," Jeanes said from Ottawa. "It has worked well in Halifax, having the bus terminal in the same building as the train station."

THE CANADIAN PRESS



A VIA Rail train passes through the south-end rail cut. METRO FILE

Tourism figures

More people road-trippin' to N.S., stats show

The number of tourists visiting Nova Scotia jumped by five per cent in the first six months of the year.

The province's Tourism Department says road travel to the province increased by 10 per cent while air travel dropped two per cent, compared with the

same period last year.

The number of visitors from other parts of Atlantic Canada increased by seven per cent, and visits from Ontario were up six per cent.

However, visits from Quebec decreased by one per cent and visits from Western Canada decreased by five per cent.

Visits from the United States were up eight per cent, but overseas visits slipped by eight per cent.

THE CANADIAN PRESS

Green bin pickup

Not-so-stinky season is here

Another summer of weekly green bin service is coming to an end.

The Halifax Regional Municipality announced Wednesday that weekly green-cart collection will stop end of day Friday.

Collection will then go back to every two weeks, with the other week for garbage collection.



Green bin COURTESY/HRM

To know what to put curbside next week, HRM is reminding residents to look at the 2012 Organics Green Cart and Garbage Collection Schedule. METRO

'50s-style diner

Dal students take note: Chickenburger is coming to campus

The Chickenburger is opening its latest location at the Dalhousie Student Union building starting next month.

The popular eatery also has locations in Bedford, Halifax and at the Halifax Stanfield International Airport.

Like its airport location,

the Dalhousie site will be operated by Compass Group, which has entered into its second franchise agreement with the '50s-style eatery.

"We're thrilled to open our fourth Chickenburger," Mickey MacDonald, owner and CEO of The Chickenburger, said in a statement Wednesday. "What better place to open a wholesome, made-fresh-while-you-wait diner than a university campus where many students are living away from home."

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Update. Police say missing Halifax man may no longer be in the province

Halifax police say a missing north-end Halifax man may no longer be in the province.

Police issued an update into the missing-person case Wednesday and said they have received several reported sightings from the public of Paul Couvrette, 43, with the last coming Monday at 8 p.m.

Halifax Regional Police spokeswoman Lauren Leal said investigators are "pretty certain" he is no longer in Halifax, and probably Nova Scotia. She said that comes from information received in the last reported sighting, although she wouldn't say where Couvrette



Paul Couvrette
HALIFAX REGIONAL
POLICE/HANDOUT

may have been seen.

A missing-person report was issued to the media Tuesday after police were told Couvrette was last seen

by a friend at a residence in the 2700 block of Windsor Street at 7:15 a.m. Monday.

He is described as six-foot-three and 180 pounds with a shaved head and scruffy beard. He also has tattoos down both arms and on his neck.

PHILIP CROUCHER/METRO

Replaces Carole Olsen

School board names interim superintendent

The Halifax Regional School Board has named a former principal and school board administrator as interim superintendent.

Judy White will take over from Carole Olsen Sept. 1.

Olsen was appointed deputy minister of education on Aug. 23 after 10 years as HRSB superintendent.

A release from the school board says White retired in 2010 after serving as director of school administration and principal of Sackville and Queen Elizabeth high schools.

The board will conduct a national search to find a permanent superintendent.
RUTH DAVENPORT/METRO

Fringe festival a 'surprising experience for the audience'

Launch at Pier 21. Event is in its 22nd year with performances happening across the city until Sept. 9

ANDREW CALEY

halifax@metronews.ca

Performers of the Atlantic Fringe Festival were ready to get the show going during a media launch at Pier 21 on Wednesday.

More than 50 different acts, some from as close as Halifax and some from as far as New Zealand, will be performing at various venues all across the city starting Thursday night and running to Sept. 9.

It all kicks off with the Fringe Sampler Smorgasbord Showcase at Pier 21 at 7 p.m., which will give the audience a feeling for what to expect over the next two weeks.

"Fringe is always (a) surprising experience for the audience," said festival director Thom Fitzgerald. "You really never know whether you're

On the web

- Visit atlanticfringe.ca for complete event details.

going to get someone out there for the first time or someone doing a polished show that's toured the world already."

The festival focuses on non-mainstream theatre and adheres strictly to the "fringe" philosophy: not to be judged, to be accessible to all, and not to be for profit.

And whether it's a first-timer or an experienced performer, Fitzgerald said there is something for everyone to come out and enjoy.

One act that comes all the way from New Zealand is Francesca Mountfort. Her play *Eidolon* is about a doll who plays the cello to conjure up magical images.

For Mountfort, fringe festivals are all about growing their art.

"Fringe is a wonderful way to meet other actors who are doing incredible things and perform in a really supportive environment," she said.



Francesca Mountfort of New Zealand will be performing as *Nervous Doll Dancing* in a play entitled *Eidolon* at this year's Atlantic Fringe Festival.
JEFF HARPER/METRO

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08

NEWS

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Thursday, August 30, 2012

Woman brought to tears at Calgary airport

Frustrated and emotional, a Halifax woman suffering from chronic inflammatory disease is raising alarms over how she was treated while passing through security at Calgary International Airport this week.

Krystal Maher, 18, was on her way home after working for three months at a Calgary camp for the disabled.

While passing through a security checkpoint shortly after 9 a.m. Monday, Maher set a metal detector off because she had accidentally left her watch on.

But she said the airport



Krystal Maher CONTRIBUTED

screening staff immediately pointed to a bag on her hip, claiming it was full of money.

"It's actually my ostomy bag," Maher said. "It's essentially a bag full of (excretion)."

Maher wears the bag on her hip at all times; removing it would lead to waste pouring out uncontrollably.

When one security member allegedly asked Maher to take the bag off so it could be inspected, she began to cry.

"It's just like 'How stupid are you people?'" she said. "I feel like an ostomy is a fairly common thing ... for them to not know what it is, is kind of ridiculous."

Maher made it clear she's not ashamed of her ostomy

bag, but worries for others who may have only recently had one installed.

On Tuesday, she requested a formal apology from the Canadian Air Transport Security Authority (CATSA).

A statement issued by CATSA Wednesday to Metro confirmed Maher's complaint and apologized.

"If she (Maher) feels she had an unpleasant experience at the checkpoint in Calgary ... CATSA takes all complaints seriously and we are in the process of fully investigating the issue she highlighted."

JEREMY NOLAIS/METRO IN CALGARY

Harper confident on Canada's future

A visit. Prime minister in town for barbecue with Conservative MP Scott Armstrong

Prime Minister Stephen Harper used a homecoming of sorts to deliver a confident message of Canada's future before supporters at a Conservative Party barbecue in Amherst on Wednesday night.

Speaking in the hometown of former PM Sir Charles Tupper, Harper used the occasion to look back at his government's accomplishments and deliver an upbeat message about what's to come.

Harper said his government is looking beyond its mandate and asking itself how it can continue the country's economic growth and prosperity.

"Our great task is to preserve and promote the future of this great country in times of extraordinary global change," said Harper. "New economic powers continue to rise and older powers, one very much like our own country, are continuing to struggle. They are weighed down by debts they can't control and entitlements they can no longer afford and growth that shows no sign of returning."

The prime minister said more Canadians are working now than at any time in its history, but he said the country is one of the rare exceptions in the developed world.

Harper said the national shipbuilding contract will pay enormous benefits to the Atlantic region, but pointed out no sooner had the announcement been made that Federal NDP Leader Thomas Mulcair criticized the region getting the contract.

"If they had their way, such a contract would never have been allowed to come to this



Prime Minister Stephen Harper waves to supporters as he attends a social event in Amherst on Wednesday night.

ANDREW VAUGHAN/THE CANADIAN PRESS

Outlook

"Our great task is to preserve and promote the future of this great country in times of extraordinary global change."

Prime Minister Stephen Harper

part of the country," he said.

"How did Atlantic Canada get it? You earned it fair and square. That's why it's here."

AMHERST DAILY NEWS

Tribute

Harper salutes firefighters

Stephen Harper also spoke to those affected by a fire in downtown Amherst earlier this week.

He paid tribute to the firefighters who risked their lives to fight the

blaze that destroyed two buildings and left nearly 40 people homeless.

"To all those who lost their homes and belongings in the fire Sunday night, they are in our prayers," Harper said.

"We also thank the volunteer firefighters for their bravery and hard work during that devastating fire."

AMHERST DAILY NEWS

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Flooding

Thousands told to leave low-lying areas

Tens of thousands of people had been told ahead of Isaac to leave low-lying areas of Mississippi and Louisiana, including 700 patients of Louisiana nursing homes. Mississippi shut down the state's 12 shorefront casinos. **THE ASSOCIATED PRESS**

Political implications

Storm creates opportunities for both parties

Isaac posed political challenges with echoes of those that followed Katrina.

U.S. President Barack Obama sought to demonstrate his ability to guide the nation through a natural disaster, and Republicans tried to reassure residents as they formally nominated former Massachusetts Gov. Mitt Romney as their presidential candidate.

Louisiana's Republican Gov. Bobby Jindal said the Obama administration's disaster declaration fell short.

THE ASSOCIATED PRESS

Exactly 7 years after Katrina, Louisiana lashed again by Isaac

Floodwaters. Rescue workers flock to New Orleans and rural communities to help stranded residents

Tropical storm Isaac continued to lash New Orleans with heavy rains Wednesday even as it was downgraded to a tropical storm, as a newly-fortified levee system appeared to be holding exactly seven years after Hurricane Katrina devastated the city. In a drenched part of rural Louisiana, rescuers on boats snatched dozens of people stranded by floodwaters.

In New Orleans, power lines were downed and debris littered the streets, prompting officials to impose a dusk-to-dawn curfew. Louisiana officials said they may have to intentionally breach a levee in a flooded area as Isaac made a slow, drenching slog inland from the Gulf of Mexico.

In a hard-hit rural area southeast of New Orleans, offi-

cials rescued dozens of people by boat, while authorities feared more in Plaquemines Parish could need help after a night of slashing rain and fierce winds that knocked out power to more than 700,000 households.

Isaac has top sustained winds of 112 km/h, just below the hurricane threshold of 119 km/h.

The hurricane also cancelled commemoration ceremonies Wednesday for Katrina's 1,800 dead in Louisiana and Mississippi. Isaac was testing a New Orleans levee system bolstered by \$14 billion in federal repairs and improvements after the catastrophic failures during Katrina.

Army Corps spokeswoman Rachel Rodi said the city's bigger, stronger levees were withstanding the assault.

"The system is performing as intended, as we expected," she said. "We don't see any issues with the hurricane system at this point."

Rescuers in boats and trucks plucked a handful of people who became stranded by floodwaters in thinly populated



People and a dog who were rescued from their flooded homes are loaded into a Louisiana National Guard truck in Braithwaite, La., in Plaquemines Parish. GERALD HERBERT/THE ASSOCIATED PRESS

areas of southeast Louisiana.

Although Isaac was much weaker than Katrina, the threat of dangerous storm surges and flooding from heavy rain was expected to last all day and into the night as the immense comma-shaped storm crawled

across Louisiana.

Water driven by the large and powerful storm flooded over a 30-kilometre stretch of one levee in Plaquemines Parish. The levee, one of many across the low-lying coastal zone, is not part of the new

defences constructed in New Orleans after Katrina.

The storm not only coincided with the Katrina anniversary, but also the first major speeches of the Republican National Convention in Tampa, Florida. **THE ASSOCIATED PRESS**

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Woman in coma after acid attack

Aggravated assault. Quebecer, aged 29, had corrosive material splashed on her face by her boyfriend

A Quebec woman is in an induced coma and has her face covered in bandages after having corrosive acid thrown in her face.

More than 4,000 messages of support on Facebook have rolled in for Tanya St-Arnauld.

The 29-year-old St-Arnauld will stay in hospital having also sustained burns to her body. Police in Longueuil, south of Montreal, arrested Nikolas Stefanatos shortly after the Sunday morning attack. Police say Stefanatos is St-Arnauld's boyfriend.

He appeared in court Monday and was charged with aggravated assault.

A police spokesman says in-



Tanya St-Arnauld is shown in an undated photo posted on a tribute page set up on her Facebook page. More than 4,000 messages of support have rolled in for St-Arnauld, who had corrosive acid thrown in her face last week.

THE CANADIAN PRESS/FACEBOOK

investigators have not yet been able to question St-Arnauld because of her condition.

Stefanatos is to appear in court for a bail hearing on Friday. **THE CANADIAN PRESS**



Nabbed monkey returned

Sounding more Hollywood caper than Animal Planet, the saga of Hercules the kidnapped squirrel monkey included a risky heist, an anonymous phone call and a secret exchange on a New Brunswick country road on Wednesday. The pint-sized primate was nabbed from his cage sometime after the Magnetic Hill Zoo in Moncton closed Tuesday. Hours after staff discovered Hercules was missing, zoo manager Bruce Dougan met with a man on a rural road to reclaim the monkey. Hercules was returned in a cardboard box.

THE CANADIAN PRESS/MAGNETIC HILL ZOO

Trash the dress. Death has some questioning photo-shoot bridal fad

Not really trash

According to Matt Boyce, owner of Xero Digital Photography in Toronto, the term "trash the dress" is a bit of a misnomer. While gowns do get wet and dirty during shoots, most of the brides he has photographed intend to keep their dresses — but not before having a bit of fun.

A photo shoot in a Quebec river that went horribly wrong when a bride was dragged into the water and drowned is shining a light on the growing "trash-the-dress" phenomenon.

Maria Pantazopoulos, a 30-year-old real-estate agent, was posing in her wedding dress Friday for a photo shoot along the Ouareau River in Rawdon, Que., about 60 kilometres north of Montreal, when her gown became waterlogged and dragged her into the water. Her body was found by a scuba diver two hours later.

Photographer Louis Pagakis said he did everything he could to save Pantazopoulos when she went under.

"She had her wedding dress on and she said, 'Take some pictures of me while I swim a little bit in the lake.' She went in and her dress got heavy, I tried everything I could to save her," Pagakis told CTV Montreal. "I jumped in, I was screaming and yelling. We tried our best."

The tragedy has highlighted some of the more unorthodox — and even unsafe — situations in which brides and

grooms will put themselves as part of this increasingly popular form of photography. The trash-the-dress meme aims to capture images of brides and grooms, dressed in their wedding attire, in fantastical situations or exotic locales.

A ritual begun several years ago as novelty photography akin to that found only in the pages of fashion magazines, "trash the dress" has grown in popularity thanks in part to the unconventional wedding work of Las Vegas photographer John Michael Cooper, whose famous image of a bride nearly enveloped in her burning gown pushed expectations.

TORSTAR NEWS SERVICE

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Municipal and School Board Elections Saturday, October 20, 2012

Take notice that the HRM Returning Officer will accept NOMINATIONS OF CANDIDATES for the following offices:

- ☑ MAYOR (Elected at Large)
- ☑ MEMBERS OF THE HALIFAX REGIONAL COUNCIL
- ☑ One (1) Councillor for each of sixteen (16) NEW Polling Districts

District 1 - Waverley - Fall River - Musquodoboit Valley
District 2 - Preston - Porters Lake - Eastern Shore
District 3 - Dartmouth South - Eastern Passage
District 4 - Cole Harbour - Westphal
District 5 - Dartmouth Centre
District 6 - Harbourview - Burnside - Dartmouth East
District 7 - Peninsula South - Downtown
District 8 - Peninsula North
District 9 - Peninsula West - Armdale
District 10 - Birch Cove - Rockingham - Fairview
District 11 - Spryfield - Sambro - Prospect Road
District 12 - Timberlea - Beechville - Clayton Park West
District 13 - Hammonds Plains - St. Margarets
District 14 - Upper/Middle Sackville - Beaver Bank
District 15 - Lower Sackville
District 16 - Bedford - Wentworth

MEMBERS OF THE HALIFAX REGIONAL SCHOOL BOARD

- ☑ One (1) member for each of eight (8) Electoral Districts
- ☑ African Nova Scotia Member (elected at large)

Halifax Regional School Board Electoral District	Halifax Regional Municipality Polling Districts
District 1	Combine HRM Districts 1 & 2
District 2	Combine HRM Districts 3 & 4
District 3	Combine HRM Districts 5 & 6
District 4	Combine HRM Districts 7 & 9
District 5	Combine HRM Districts 8 & 10
District 6	Combine HRM Districts 11 & 12
District 7	Combine HRM Districts 13 & 16
District 8	Combines HRM Districts 14 & 15
African Nova Scotian Member of the HRSB	Elected "at large" from eligible voters in HRM

HRM MEMBERS OF THE CONSEIL SCOLAIRE ACADIEN PROVINCIAL (CSAP)

- ☑ Electoral District of Halifax is comprised of the Halifax Regional Municipality
- ☑ Three (3) members to be elected "at large" from eligible voters in HRM

Nomination packages can be picked up from the Returning Officer at 1841 Argyle St. (City Hall) Halifax, N.S. between the hours of 8:30 a.m. to 4:30 p.m. Monday to Friday until nomination day.

Packages and all associated forms can also be found online at www.halifax.ca/election/Candidate.html

Nominations will be received by the HRM Returning Officer at 1841 Argyle St. (City Hall), Halifax, N.S. on **TUESDAY, SEPTEMBER 11, 2012 from 9:00 a.m. to 5:00 p.m.**

Nominations will also be received by appointment during the week immediately preceding Nomination Day (Tuesday, September 4th to Monday, September 10th, 2012). For information call the Returning Officer at **490-4210**.

Dated at Halifax this 16th day of August 2012
Cathy J. Mellett
HRM Returning Officer



Republican vice-presidential candidate Paul Ryan gestures Wednesday night ahead of his speech to the Republican convention in Tampa, Fla. MARY ALTAFFER/THE ASSOCIATED PRESS

Ryan revels in raves from Republicans

Romney's running mate. He's a hero of the right, but Dems loathe him: Will this man change the dynamics of the U.S. presidential race?

Quoted

U.S. President Barack Obama "has allowed our leadership to diminish."

Republican presidential candidate Mitt Romney, in a speech on Wednesday.

Call him the man of the moment.

Congressman Paul Ryan, a hero to conservatives and lightning rod for Democrats, was taking centre-stage Wednesday night at the Republican National Convention.

His assignment: accepting the party's nomination to

be Mitt Romney's vice-presidential running mate in the campaign to defeat President Barack Obama.

Ryan's major speech on the second day of the storm-shortened convention was to be a debut of sorts for the 42-year-old from the Midwestern state of Wisconsin.

In excerpts released ahead of the speech, Ryan lauded Romney, saying the former Massachusetts governor "will not duck the tough issues" if he wins the White House.

"After four years of getting the runaround, America needs a turnaround, and the man for the job is Governor Mitt Romney," he said.

So far, Ryan has not changed the dynamics of the presidential race.

A poll by the Pew Research Center and the Washington Post found Americans deeply divided about Ryan, whom they described as conservative, intelligent, fake and phoney.

THE ASSOCIATED PRESS

Boy dismembered

40 years to life for child killer

Levi Aron, a New York City store clerk, was sentenced Wednesday to 40 years to life in prison for kidnapping, killing and dismembering a boy.

Aron, 37, admitted he killed eight-year-old Leiby Kletzky, who was lost in an Orthodox Jewish neighbourhood.

"He's sorry and he wished he hadn't done it," attorney Pierre Bazile said. Aron wore a black yarmulke, bushy beard and orange prison jumpsuit, and kept his head down and eyes closed.

THE ASSOCIATED PRESS

Troubled teen. After delays, inquest into girl's jail death set to resume

The inquest into the death of a teenage girl in an Ontario prison is set to start anew in Toronto on Sept. 20 after facing numerous delays.

Ashley Smith, 19, from Moncton, N.B., choked herself with a strip of cloth while guards looked on.

The teen was transferred between facilities 17 times during the last 11 months of her life, spending much of it in segregation units.

The case's original coroner, Dr. Bonita Porter, startled legal observers by

abruptly announcing the proceedings would adjourn because she planned to retire in November.

Smith was first sent to prison at 13 for throwing crab apples at a postal worker.

The inquest heard she frequently tied various material around her neck and sometimes banged her head or cut herself.

But she wasn't trying to hurt herself intentionally — rather after being kept in isolation much of the time, she did it for the stimulation.

THE CANADIAN PRESS

Economist doubts 'dead money' claim

BoC. Carney made too much of \$526B held in reserve by corporations, says TD Bank's Craig Alexander

When Bank of Canada governor Mark Carney called \$526 billion in corporate cash "dead money," he was overstating the facts, a chief economist of a major Canadian bank says.

Businesses have been a major contributor to the economic recovery from the recession, TD Bank chief economist Craig Alexander wrote in a note to clients Wednesday.

Companies have created 80 per cent of the 721,700 new jobs since mid-2009, while business investment in machinery and equipment is just 2.3 per cent below its pre-recession peak.

"It is true that firms have increased their holdings of cash,

but calling all of it dead money is overstated," TD Bank chief economist Craig Alexander wrote in a note to clients Wednesday.

Having said that, Alexander also agreed that Canadian companies need to do more to boost the country's competitiveness.

"The simple truth is that, at the economy-wide level, businesses under invested prior to the recession and they cannot let the prevailing risks paralyze them from investing in the coming quarters. They have to build for the future."

Other reports have said paying the excess out to investors in the form of higher dividends may not do much to boost the economy. Most shareholders are reinvesting their dividends to boost their retirement nest eggs rather than using the money to buy things, Stéphane Marion, chief economist of the National Bank of Canada, wrote in a recent commentary for clients. **TORSTAR NEWS SERVICES**

Sentencing. Tech-file theft nets 4 years in jail

A Chinese-born American convicted of stealing trade secrets from Motorola was sentenced Wednesday to four years in prison in a case that both the judge and prosecutors hoped would send a message to those who might be tempted to siphon vital information from U.S. companies.

"In today's world, the most valuable thing that anyone has is technology.... The most important thing this country can do is protect its trade secrets," U.S. District Judge Ruben Castillo said before sentencing Hanjuan Jin.

Jin, who worked as a software engineer for Motorola Inc. for nine years, was stopped during a random security search at Chicago's O'Hare International Airport on Feb. 28, 2007, before she could board a flight to China.

Prosecutors say she was carrying \$31,000 and hundreds of confidential Motorola documents, many stored on a laptop, four external hard drives, thumb drives and other devices. **THE ASSOCIATED PRESS**



Mirror, mirror?

Kim Kardashian, inset, has settled a lawsuit against Old Navy, claiming the clothing retailer violated her publicity rights by using a lookalike in an ad. The lawsuit was over the commercial titled Super C-U-T-E. It featured Canadian singer-model Melissa Molinaro, pictured above, who an attorney for Old Navy said at a January hearing was famous in her own right. Her appearance in the ad wasn't intended to draw similarities to Kardashian, the retailer maintained. **GETTY IMAGES FILE PHOTOS**

Scotiabank

ING Bank of Canada sold for \$3.13B

Scotiabank plans to scoop up ING Bank of Canada from its Dutch parent company in a \$3.13-billion deal that will give the country's most international bank a stronger foothold in domestic consumer banking. **THE CANADIAN PRESS**

Market Minute

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101.06¢ US (-0.18¢)

TSX
12,009.79 (-0.11)

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BACK-TO-SCHOOL WITH BOOZE AND BREATHALYZERS



HE SAYS...
John Mazerolle
metronews.ca/voices/
he-says

I find back-to-school easier than most.

Some people might say that's because I'm not going to school and I have no children, but "phooey on them," as the kids

say.

I prefer to think my distance from the chaos provides me with perspective, the same way any given person yelling at the TV could do a better job with the Blue Jays than the paid personnel up close who can only focus on one torn ligament at a time.

For instance, a back-to-school detail I've noticed that's eluded some in the mall-strom is how most shopping lists this time of year focus solely on the student.

But what about the parents' needs?

There are already dozens of columns out there about what kids must have, so here's a look at what moms and dads should buy for a seamless return to 10 months of the ABCs (angst, bullying and confusion).

Grade school:

You need:

- A pre-recording of Carson Daly interviewing Dr. Sanjay Gupta, in case they won't go to bed. Tell them this is what all late-night TV is like.
- The Busdrivalyzer, for overprotective parents — allows you to make sure that the driver on the bus blows clean, clean, clean.
- A pre-written "You're going to have the time of your life!" speech for when you get the urge to tell your children that school is 12 years of emotional and physical violence and "Run, kid, run! Break the connected mitten strings and run!"

Middle school:

You need:

- A sideways ball cap and a compact disc with an explicit-lyrics sticker on it to let your kids know that you're with it. If you work out a little rap like, "It might seem cool/But a bully is a straight-up fool," your child will remember it forever.
- A kitchen switch that allows you to turn the shower to "icy cold" after 15 minutes or when the steam sets off the fire alarm, whichever comes first.
- A pre-written, vaguely worded "birds and bees" speech for when you get the urge to say, "Look kid, the idea of explaining sex to you is just as gross and disturbing to me as it is to you, so ask that Emily girl you like or something."

High school:

- If you would like your child to answer with more than "nothing" when you ask about school, then you'll need, at minimum, the rack. If you want more than "It was fine and they didn't give any homework," an iron maiden.
- An ejection seat that allows you to let your child out in front of their school while driving 100 km/h, thus avoiding embarrassment for the student.
- A pre-written "You can be whatever you set your mind to!" speech for when you get the urge to say, "You can do whatever you set your mind to provided it fits your socio-economic status, gender, race, last name, the public's perception of you, and then you get incredibly lucky!"

All ages:

- Booze. But you knew that.



It's back-to-school time, which means an expert — i.e., a Metro columnist — has the best advice. You might want to take notes. ISTOCK

La Tomatina makes a gushy scene



ALBERTO SAIZ/THE ASSOCIATED PRESS

Running red

Spanish city turns to tomato warfare

Revellers kiss each other during the annual Tomatina tomato fight in the village of Bunol, Spain, Wednesday.

At this time of year, the town hosts one of the largest food fights in the world, with 40,000 people gathering to throw more than 100 tonnes of tomatoes at each other. The tradition has stood since 1945 and is embraced by locals and tourists. **METRO**

What did this stem from?

"We don't have much space, but there is no other way."

Coun. Rafael Perez, festival spokesman, acknowledges the chaotic nature of La Tomatina. However, the prestige and tourism the town gains from the events should secure its future.

Make your own Tomatina

- **Swimming costume and goggles.** You will be grateful for the goggles when you get hit in the face, and a snorkel makes breathing easier.
- **Get it started.** An organizer has the honour of hurling the first load of fruit at assembled friends.
- **Play fair.** Squash the tomato in your hand before throwing; it can cause serious damage otherwise.

Hothouse

120

The total weight in tonnes of the tomatoes used at La Tomatina festival. Despite the recession, and criticism of wasted food, the volume was not reduced this year.

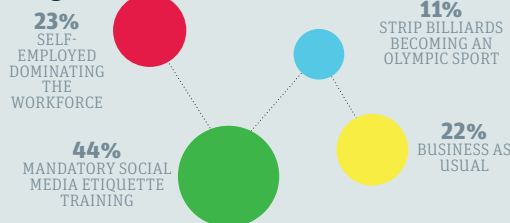
On the web

Go to metronews.ca to watch scenes from the event.



Register at metropolitanpanel.ca and take the quick poll

What does the future hold for the class of 2013?



Twitter

@ShelbyHimmelman: Just had the BEST friggin' fish and chips at The Battered Fish. Holy, I love #Halifax.

@tamaramunroe: You can't be in a rush in #Halifax in the summer time, the construction workers will make sure of it.

@kspamp: Dropping the school zone speed limit from 50 km/h to 30 km/h is ridiculous #Halifax

@walsh_kenny: Beautiful day in #Halifax, wish I was at the #beach. Vacay soon #cantwait

@sineaddubeau: Kind of seems like fall in #Halifax #why #idontwanttowearasweater

@chrismarriott: Encouraging to see yet another crane going up in Halifax. Density is the key to a sustainable HRM #electtommartin #halifax

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HUFF answers summer call for Hali music fans



The Young Novelists are performing Thursday and Friday at the Halifax Urban Folk Festival. CONTRIBUTED

Halifax Urban Folk Festival. The owner of The Carleton creates a summer festival for Halifax

On the web



Venice Film Festival cuts number of entries, adds movie market, courts acclaimed auteurs.



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

You've heard, "If you build it,

they will come."

For people like The Carleton owner Mike Campbell, it's more like: "They're here — we should build it."

Case in point: The Halifax Urban Folk Festival.

The city has hosted a plethora of music festivals, however, as Campbell points out, most take place in the dark days of a Halifax winter.

Sitting around with fellow crew members from the 2006 Junos in Halifax, Campbell dissected the extenuating circumstances surrounding this conspiracy.

"We were sitting around wondering why it was that we always hosted a festival in the winter — which sucks — so we thought wouldn't it be cool to invite people here in the summer," he said.

What sparked his interest in 2006 lit a flame in 2010 and Campbell got to work.

"I decided to book a bunch of artists into The Carleton — some special folks that are really good but people may not have known," he said.

"The idea was that one day we can build it into a bigger thing and take over the down-

town core."

Now a seven-venue festival, Campbell is using his new platform to showcase a collection of lesser-known but talented artists.

"Graydon James is a perfect example of that."

James will join The Young Novelists to play from their latest album, *In The Year You Were Born*. They will play at The Carleton Thursday at 9 p.m. and Friday at Neptune Studio Theatre at 8 p.m.

"A lot variety and exploration of what we can do with the number of people that

Online

The Halifax Urban Folk Festival runs through Sunday. Visit thecarleton.ca for details.

we've got," he said of the new album.

Selected by Campbell, James is grateful for the chance to play in Halifax again. "Halifax is a great town with good energy and every time we're there it's great," he said.

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CFL free agent tests dating market on The Bachelor of Canada

Looking to score. A diverse group of single women hope to catch the eye of a former CFL commissioner's son in reality television series

A pastor, a Playboy model and a real estate agent nicknamed Bubba are among the single women who will vie

for the attention of CFL wide receiver Brad Smith on The Bachelor Canada.

Citytv has so far announced five of 25 contestants for the upcoming reality show.

Rounding out the diverse list is an office administrator and a university recruitment agent. The bachelorettes announced so far hail from New Brunswick, Alberta, British Columbia and Ontario.

The nine-episode reality series is set to begin Oct. 3.

Hosted by Tyler Harcott, the show will take place in a Victoria mansion.

Smith has played for the Montreal Alouettes, Toronto Argonauts and the Edmonton Eskimos.

His father, Sen. Larry Smith, is a former CFL commissioner and former president and CEO of the Alouettes. **THE CANADIAN PRESS**

The Dating Game

Wide receiver Brad Smith's transient pro sports lifestyle has made it difficult for him to find Mrs. Right but now he says he's ready to settle down with the woman of his dreams. He is drawn to independent, intelligent women who enjoy an active and social lifestyle.



Contestant Clarice, 25, is an office administrator from Toronto.



Rebecca, 27, a real estate agent from Toronto.



Contestant Chantelle, 25, is a pastor from Sylvan Lake, Alta.

ALL PHOTOS COURTESY OF CITY TV



The Family Guy to host SNL

NBC says the man behind the cartoon comedy Family Guy will guest host the season's first Saturday Night Live. The network announced Wednesday that Seth MacFarlane will be presiding when SNL begins its 38th season Sept. 15. **GETTY IMAGES**

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Glass Tiger embarks on mini-Canadian tour

Don't call it a comeback. Thin Red Line Anniversary album sparks demand for shows across the country

Glass Tiger frontman Alan Frew says renewed interest in '80s music has been building over the last decade and has now turned in to a full-on revival.

"I've been watching it ramp up. ... I've been performing at festivals looking out at the audiences anywhere from 3,000 to 23,000 ... and at least a third or more of the audience couldn't possibly have seen Glass Tiger the first time around," said Frew, who is embarking on a mini-tour with his bandmates.

"If I'm talking to any kids afterwards ... I'll ask them: 'What is it about the '80s?' Some of them will say they're tired of rap, some of them will say they're tired of the dark stuff, some of them just say they just love the way '80s music was really poppy and positive ... so I've been watching this ramp up to this moment where it really seems like it's a resurgence."

It's been 25 years since the release of Glass Tiger's hit debut album *The Thin Red Line*, and though the band has since faded from the charts, the Scottish-born Frew never stopped making music.

He co-wrote the ubiquitous Olympic anthem *I Believe*, has penned songs with Canadian country crooner Johnny Reid and came up with the Toronto Maple Leafs theme song *Free to Be (This is Canada's Song)*.



Glass Tiger frontman Alan Frew says renewed interest in '80s music has been building over the last decade and has now turned in to a full-on revival. J.P. MOCZULSKI/THE CANADIAN PRESS

And he has continued to perform with Glass Tiger, even though some people seem to be under the impression that the band broke up.

"We always get a chuckle when people meet us and say 'Oh you guys are getting back together again' but it's mainly because ... I've kept the number of shows down because I was always doing

others things so I told our agent, you know, keep it to about 15 shows a years," said Frew.

"So we've been doing (shows) kind of steadily, certainly enough so we feel very much like a band and we're all together. So for us this feels perfectly in sync."

When EMI approached him about doing an album

Quote

So we've been doing (shows) kind of steadily, certainly enough so we feel very much like a band and we're all together. So for us this feels perfectly in sync. ... I felt it was really important that if we we're going to do it, there had to be something that said: 'these guys are still happening right now.'

Alan Frew
On Glass Tiger's return.

to commemorate the anniversary of *The Thin Red Line*, Frew wanted the product to be right.

"I felt it was really important that if we we're going to do it, there had to be something that said: 'these guys are still happening right now.'"

The Thin Red Line 2CD Anniversary Edition contains live songs, b-sides, unreleased demos, two new tracks and a cover of the Beatles classic *You've Got to Hide Your Love Away*.

Frew says his favourite old tune to play in concert is *My Turn*, because it reminds him of Scotland and his late father. The biggest fan reaction, not surprisingly, is generated by *Don't Forget Me When I'm Gone*.

I Believe, meanwhile, will most likely be out of rotation at the next two Olympics. After all, CTV owns the rights to the song and CBC has landed the broadcast rights to the 2014 Winter Games and the 2016 Summer Games.

THE CANADIAN PRESS



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Robert Pattinson ALL PHOTOS GETTY IMAGES

Home, sad home for Robert Pattinson

Robert Pattinson is reportedly selling the Los Angeles mansion he shared with Kristen Stewart, according to *Us Weekly*. The *Twilight* star is looking to unload the property because "he said there are too many memories," a source says. But while he may be dropping the property, Pattinson isn't necessarily through with Stewart. "Rob doesn't hate her and he's not mad," the

Quoted

"He just doesn't get why she did it. He loves her and thinks about her constantly."

Source commenting on Robert Pattinson still thinking about Kristen Stewart

source says. "He just doesn't get why she did it. He loves her and thinks about her constantly."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lohan gets the boot from Chateau Marmont

THE WORD
Monica Weymouth
scene@metronews.ca

Lindsay Lohan almost had a good day yesterday. After it looked like she was all but headed back to jail for swiping \$100,000 worth of jewelry at a house party, the L.A. County District Attorney decided not to prosecute her. Unfortunately, the Chateau Marmont — the swanky hotel she's called home since May — decided to kick her out.

In an eviction notice obtained by TMZ, general manager Philip Pavel takes

issue with the \$46,350 bill the actress has managed to rack up. "As we have made repeated attempts to resolve this pressing matter over the last few weeks without any resolution, I regret to inform you that we will no longer be able to extend any further credit for you to remain in the hotel," he writes.

Pavel goes on to add a little comedic flair: "I have adjusted off the daily \$75 charge for computer rental for use of the hotel's laptop as a gesture of good faith, with the understanding that you will return the computer."

Also included with the letter is an itemized invoice of the charges, including \$686 for cigarettes (to be fair, they were charging her \$14 a pack) and \$100 for a "Chateau Candle" — which we certainly hope is code for something much more exciting than a candle.

Twitter



@Joan_Rivers

The Ukraine says SpongeBob SquarePants is gay, and wants him banned. I bet they also think Peppermint Patty just hasn't met the right guy.



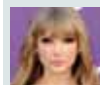
@rihanna

It's 430 am and I'm up like an idiot! Can't sleep! Whyyyyyyy????!!!!



@SteveMartinToGo

Going to sue Samsung for taking my idea of a talking thing the size of a pack of playing cards I had when I was eleven. Updates coming.



@taylorswift13

Was watching MTV last night and the commercial for the VMAs that I'm in came on and I was all "!!!!!!!!!!!!!!!!!!!!!!"



Katie Holmes

Surprise, surprise Suri's a trust-fund kid

While Katie Holmes will reportedly be getting \$4.8 million in child support payments until Suri Cruise turns 18, the little girl herself stands to fare much better from her parents' divorce, according

to Radar Online, as Holmes reportedly insisted that Tom Cruise set up a trust fund for Suri as part of the settlement. "Katie wanted the trust fund put in place for Suri so that their daughter will be able to tap into after she turns 18," a source says. "Katie has absolutely no access to the money and didn't want to. ... But Suri won't be able to legally claim it until she is in her 30s."

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Find your wild side

Don't be outfoxed.

All creatures great and small made their way down the autumn runways. Here's what we tracked down in the undergrowth.

RICHARD PECKETT
life@metronews.ca

If you go down to the shops today, you're in for a big surprise. No, not a teddy bears' picnic but a menagerie of critter-inspired clothing. Perhaps the catty industry wanted to show that it's got a cuddly side, or maybe designers were hoping to cash-in on the cutesy AWW factor. But whatever the reason, it's time to snare some of this season's game.



Off her perch! A model works the owl look at Anna Sui.



It's behind you: Mulberry's monster causes quite the fright!
/ TIM WALKER/MULBERRY AW'12



Wise move: Kate Bosworth sporting a Burberry Prorsum sweater.

Go fashionably feral



Aubin & Wills

Portland fox-intarsia sweater
\$215
net-a-porter.com

ASOS

Skater dress in owl print,
\$68, asos.com



Tatty Devine

Fox necklace, \$41
tattydevine.com



Charlotte Olympia

Kitty flat
\$700
harrods.com



McQ Alexander

McQueen wolf print dress
\$701
my-wardrobe.com



Dominique Lucas

Owl ring
\$631
luisavia
roma.com



Topshop

Cat ring
\$20, topshop.com



On the Web



Target lands bull's-eye on Montreal Fashion Week with new partnership

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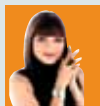
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@Jeanne_Beker: September's almost upon us! What do you feel is a fashion must-have for fall??

@zoobia_xo
a bad-ass leather jacket, every fall.

@Jeanne_Beker
Oh yeah! I want a new one this fall too....

@dysfashional
Leather and coats with a fabulous belt for a flawless cinched look. #MustHave #Fall2012

@mommydoing
the Canadian jewellery designers @nikiandlola's Flit Necklace.

@EHMakeupAndHair
love a peplum and a pencil skirt on a pear shape! Emphasizes the waist, glosses over the hips!

@Jeanne_Beker
So true! And so many kinds of peplums out there... Something for every body type. Must try some on!

@JessicaMarcone
Frye leather boots, long heather grey cardigans, and riding leggings

@Jeanne_Beker
Sounds like my kind of outfit! Adore Fries... Comfiest boots ever...



@Jeanne_Beker: Check this shimmering Jimmy Choo pump made especially for @HoltRenfrew for its big 175.



The Kit

Canadian street style

Spotted in: Toronto

Sara M

Student

Age: 28

What she's wearing

Vintage black dress, Urban Outfitters cardigan, Missy Industry jewelry from Montreal, Fashion Crimes purse, Diesel Heels

Her inspiration

"I love black, and I love leather, but try to wear it in a way that is not too heavy. I love the style of former The Distillers singer Brody — she's been my idol for a decade now."

THE KIT PHOTOBLOGGER: GILLIAN MAPP, GILLIANMAPPONLINE.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!



Our style and the city

Start spreading the news. Canadian designers to take bite out of Big Apple at this fall's fashion week

Two Canadian labels are heading to the Big Apple as part of a special fashion showcase for emerging talents.

Chloe comme Parris and Amanda Lew Kee will be part of the designer lineup for GenArt's Fresh Faces in Fashion during New York Fashion Week.

Marking its 14th year, the fashion event is slated to take place on Sept. 9 at Runway at Pier 57 in Manhattan, and will feature spring 2013 collections in both men's and women's ready-to-wear.

The program has been a showcase for other up-and-coming designers who now are among the top names in the industry.

Rodarte, Zac Posen, Philip Lim and Vena Cava are among those on the roster of past participants who debuted their very first runway shows at the event.

THE CANADIAN PRESS

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News worth sharing.

The very best fall/winter trends at New York International Gift Fair

Design centre. These home and gift products will soon be on the store shelves for your purchasing pleasure



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Twice each year the Javits Center in New York City is packed with the latest and greatest in lamps, rugs, salad bowls and more as the New York International Gift Fair displays housewares to thousands of retail store buyers.

I took a peek around this trade-only event and checked out the latest buys being offered up to retailers for the fall/winter season.

Here's three of the biggest trends.



Seventies Marrakech

The geometrics of the 1970's took a sophisticated turn this season by incorporating richer trend colours that resembled patterns often found in Moroccan textiles, rugs and ceramics. Zig-zag, fish scales and tile work were three hot looks, and famed designer Jonathan Adler nailed all three looks with his Carnaby collection of lamps, trays and mugs. Carnaby Large Flame, Scale and Taletha lamps, \$340 each. micasatoronto.com.



Feeling blue

One of the old-time decorator classics has been given resurgence in the contemporary world and many hip exhibitors were showing products that resembled blue-and-white porcelain. This colour combination looks great with neutrals and can hold its own against strong bursts of colour. Seletti's Sextuple playfully extends the porcelain plate into useful wall art or a tray. \$1,200. mintinteriors.ca.



Linen with sparkle

Natural linen was everywhere at the show; on furniture upholstery, pillows, bedding and tabletop linens. Threads of metallic, shiny trims and adornments helped to decorate this rather plain, humble fabric. The most outstanding use of linen were companies like Ann Gish (maker of high-end luxurious bedding) who incorporated a hand-painted look of shimmer or sparkle into the linen. 'Gorgeous' bedding by Ann Gish, from \$400 to 1,800. anngish.com.



Starting at \$359,900



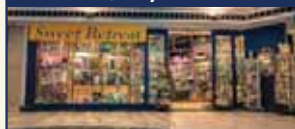
Townhouses of Keating Road
Contact Julien at 209-5899

\$689,900



32 Caitland Court
Contact Joe at 830-6688

\$56,500



Sweet Retreat Candy Store
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\$649,900



59 Salzburg Place
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\$329,900



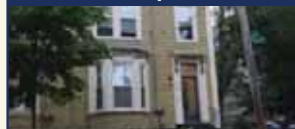
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Junk food, without the junk

ROMINA
MCGUINNESS
Metro World News

"When it comes to food, it's either eating something that's healthy but without taste, or delicious and bad for us," nutritional therapist Jessica Bourke, author of the cookbook *Guilt Free Gourmet*, tells Metro, calling that a myth. "We need food to stay alive, but we also need to enjoy it."

She suggests avoiding dairy, sugar and wheat, and has devised recipes to eat well without them.

Dairy

Why you should cut it out

1 It's high in fat, which can cause weight gain.

2 That it's the best source of calcium is a myth. A green smoothie contains just as much calcium as a glass of milk.

3 Cow's milk contains the protein casein, needed to

build the big bones of baby calves, not humans. Our body doesn't know what to do with the excess. It also prohibits the absorption of key nutrients including iron and vitamin B12.

Top alternative: Soy. Great for our gut. For women, it's good for their hormones. Go for miso soup, tempeh or tofu.

Sugar

Why you should cut it out

1 It encourages bad bacteria to grow in the gut, which can cause IBS (irritable bowel syndrome). In time, this can exteriorize itself on our skin and lead to conditions such as acne and eczema.

2 It causes chronic fatigue. Processed sugar has a damping down effect on the immune system. Two hours after ingestion, immune cell capacity is reduced by 50 per cent.

3 Processed sugar triggers a blood sugar imbalance that will eventually make

you prone to weight gain and hormone problems.

Top alternative: Xylitol. It may sound chemical, but this natural sweetener is derived from the bark of a tree.

Wheat

Why you should cut it out

1 White bread contains calcium carbonate. In other words, chalk.

2 Gluten, a protein found in wheat, can attack and damage the gut cells. This can lead to a condition known as leaky gut syndrome whereby the intestinal lining becomes inflamed.

3 If our immune cells confuse gluten with a pathogen (an agent of disease) the body will attack itself.

Top alternative: Quinoa. Technically a seed, quinoa actually looks and tastes like a grain. Naturally gluten free, it doesn't cause bloating and contains essential amino acids. A bowl will curb your appetite for a while.

Recipe. Gluten, sugar and dairy free Polenta Pizza

1 Bring 1 litre of water to the boil and add the bouillon powder. Reduce the heat and slowly pour in the polenta whisking all the time until blended. Reduce the heat to its lowest setting add half the lemon zest and juice, 4 of the crushed garlic cloves, the thyme and a good pinch of salt and pepper and gently cook, stirring occasionally for about 45 minutes or until the polenta pulls away from the side of the pan and is very thick.

2 Meanwhile, bring another pan of water to the boil. Add 1 teaspoon of salt and boil the chard for about 3-4 minutes until the thick part is just tender. Remove, drain and season with some salt and oil (don't forget to stir the polenta). Heat two tablespoons of oil in another pan over high heat. Fry the mushrooms for about two minutes. Add 1 of



the crushed garlic cloves and stir for 30 seconds to release the garlic flavour. Transfer to a bowl, toss with the parsley and season with salt, the remaining lemon zest and juice and some olive oil. When the polenta is ready, transfer to baking sheet and spread out to a thickness of about 2 cm. Cool for 30 min.

3 Preheat the grill. Scatter mushrooms and

Ingredients

Serves 6
Cooking time: 1 hr 30 min (approx)

- 2 teaspoons of bouillon stock powder
- 200 g polenta
- Grated zest and juice of 1 lemon
- 6 garlic cloves, crushed sea salt and ground black pepper
- 1 tablespoon fresh thyme leaves
- 1 head of Swiss chard
- Extra virgin olive oil
- 200 g girolle mushrooms
- 1 tablespoon freshly chopped parsley
- 1 egg
- Bunch of fresh marjoram

chard on polenta. Crack an egg in the middle and grill until egg is cooked. Pull leaves off the marjoram stalks and chop finely. Mix with the last crushed garlic clove and mix with oil to form a loose marjoram oil. Remove the polenta from the grill, and drizzle with the oil.

An investment that's right as rain

Where can I get a rain barrel?
-Brent of Victoria



QUEEN
OF GREEN
Lindsay Coulter
green@metronews.ca

Rain barrels can be purchased from your local hardware or garden store. In fact, the Capital Regional District's website has a complete list of rain barrel retailers in the Victoria, B.C., area under the Water Services section. You can also search the classifieds, in print or online!

It's a worthy investment. They can cost over \$250, depending on the size and manufacturer. Price also depends on the added bells and whistles, such as filtering systems, spigots and mosquito-proofing measures. But before you buy, check to see if your city offers a subsidy or distributes rain barrels to residents.

Did you know that more than 40 per cent of residential treated drinking water is used to water lawns and gardens?

Collect rain water on your property to reduce the waste of potable water, especially during the drier summer months.

Benefits of rain barrels

• Rainwater harvesting can reduce storm drainage load, including reducing the chance of basement flooding.

- Direct water away from your home's foundation.
- Provide naturally softened and chlorine-free water — excellent for delicate houseplants, cleaning the car and window-washing.

- Reduce your water bill.

Additional tips

• Select a rain barrel size that will hold most of the rain that comes off your roof. You may need to buy one for each down-

spout to be sure.

- Install the rain barrel on a level surface (it can weigh up to 545 kilograms when full), even elevating it with paving stones to take advantage of a gravity feed.
- Make your barrel mosquito-proof by adding a lid to it.
- Maintain your system by clearing roofs and rain gutters of debris, cleaning any screens in the tank, and occasionally removing the sediment by draining and cleaning the tank.
- Don't drink the water!



Harvesting rain water has a long list of benefits. ISTOCK IMAGES

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Computers and tablets. Top selections to stay on top of your studies this school year

MIKE
YAWNEY
For Metro

Computers and tablets are quickly replacing pens and paper in the classroom. In fact, some schools are now making them a requirement. Here are some of the best picks for your student heading back to class.

Samsung Series 9 Ultrabook — \$1,499

Samsung's Series 9 ultrabook is designed to impress. This new breed of laptop sports a beautiful sandblasted aluminum finish and is only 0.6 inches thick. You will never miss taking notes at the start of a lecture again as it holds the record for the fastest start-up time of any laptop at just 8.4 seconds.

MacBook Air — \$1,029 and up

Backpacks are heavy



enough without weighing them down with a hefty laptop. Apple's MacBook Air lives up to its name as it weighs only 2.38 pounds. Next-generation Flash storage means there

are no moving parts so your laptop remains quiet while in class. The MacBook Air also features a Thunderbolt port along with two USB 3 ports to ensure ultra-fast data transfers.

Nexus 7 Tablet — \$209 and up

When it comes to tablets, cheaper isn't always better, but somehow Google has managed to create a high-performance device that's easy on the wallet. This tablet, co-developed with Asus, features a Tegra 3 quad-core processor that results in incredible performance. The

Nexus 7 has a seven-inch screen so you can easily hold it with one hand. You will also have tens of thousands of apps to choose from through Google Play.

Asus Transformer Pad — \$369

Designed for those who aren't completely sold on the idea of a touchscreen tablet. This HD tablet can be snapped into an optional keyboard dock, turning it into a laptop. The top-notch quad-core processor ensures quality performance while providing a stellar 15-hour battery.

Apple iPad — \$519 and up

You can't deny the clarity of the new iPad's Retina display. With one million more pixels than your HDTV, text is

Apple iPad — \$519 and up.



crisp, clean, and easy to read, just as if you were reading a paperback



metro

BACK TO SCHOOL

Thursday, August 30, 2012

book. With more and more educational institutes making courses available through iTunes U, the iPad is an easy choice for

students looking for a premium tablet.

HP Omni 27 — \$1,299

All-in-one computers are quickly becoming the popular choice since they take up less space than traditional tower style computers. The HP Omni features a whopping 27-inch screen that can be wall mounted to give you more space on your desk. The wireless keyboard and mouse keep your



Asus Transformer Pad — \$369.

work area nice and tidy. This computer also features Beats audio stereo speakers plus HDMI port and an optional TV tuner so you can use it for both home-work and entertainment.



Clockwise, from left, MacBook Air — \$1,029 and up, Nexus 7 Tablet — \$209 and up, Samsung Series 9 Ultrabook — \$1,499, and HP Omni 27 — \$1,299.

Attention University Students

Score an **A+** in 'RECYCLING 101'

- ☒ Recycle Right by following the sorting guidelines provided by HRM. Visit our web site at halifax.ca/recycle for details.
- ☒ Make sure you know your collection day and week.
- ☒ Place materials curb side AFTER 9:00 pm the night before or by 7:00 am in the morning.
- ☒ Materials must be secure (garbage can if your bag is breaking).
- ☒ Stay within the limit - 6 bags/cans of garbage per residential house and 1 bulky item; 5 bags/cans of garbage per unit in small apartment buildings and 2 bulky items per building.
- ☒ If your apartment building does not have a recycling program in place, talk to your superintendent - it's required by law!
- ☒ If you have furniture that's in usable condition but you no longer want, look at options to charity. Go to halifax.ca/recycle, or contact www.halifaxdumpandrun.webs.com.

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Alternate collection date for Monday, September 3 (Labour Day) is Saturday, September 1	
September 10 - 14	Green Cart & Recyclables
September 17 - 21	Garbage & Recyclables
September 24 - 28	Green Cart & Recyclables

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Bold patterns and prints are right fit

Young fashion. Three clothing trends for kids 12 and younger to wear back to school

STEPHANIE
ORFORD
For Metro

Alongside that new box of felt pens and crisp new stationery, new clothing in bold patterns and prints will inspire kids 12 and younger to start the school year, according to Karen Richter, showroom manager for H&M Canada.

H&M's line for kids is an adaptation of what the Swedish clothing giant is doing for adult clothing this fall, she explained.

"There is a tendency for many adult fashion trends to trickle down into the kid's collection," she said.

"There are often many mini-me pieces in our kids collection."

At the same time, H&M's kids' offerings alter the adult fashion trends by amping up the colours and patterns and incorporating fun textures like corduroy, velvet and faux fur.

Here are three trends H&M



Left, jacket, \$34.95; right, sweater, \$17.95, skirt, \$19.95, and beret, \$14.95, all available at H&M, hm.com/ca/. H&M PHOTO

is doing this fall for the young-er-than-12 set.

Anglomania

The Anglomania trend is clean and sharp, giving off a put-together feel with a hint of

English eccentricity.

For girls, this means mixing and matching checks, florals and stripes. Knits are also essential. Cable and Fair Isle-patterned knits add colour and texture, and look best in



Left, cardigan, \$24.95, shirt, \$12.95, trousers, \$24.95; middle, cardigan, \$24.95, trousers, \$17.95, cap, \$7.95; right, polo shirt, \$12.95, denim trousers \$19.95, all available at H&M, hm.com/ca/. H&M PHOTO

British tomboy style — worn with a roomy fit.

Boys' clothing encourages similar mixing and matching with bold argyle pieces, checks, block stripes and prints such as dots or skulls.

Mixing prints and pairing unexpected colours is key.

Preppy Style

Prep is clean and classic. It never really goes out of style and provides neutrals to pair

with bolder pieces. This fall's staples include blazers, chinos and collared shirts. Stripes and vintage-style prints lend a nautical feel to both boys' and girls' pieces.

The Wilderness

This is a more casual, on-trend look. Girls' clothing takes inspiration from the Wild West, folklore and Santa Fe, incorporating colourful, geometric prints that reference traditional Native American blankets. Include heavy knits for a rustic edge, and bold colours to modernize the look.

Boys' clothing takes the trend in a slightly different direction, using sporty details to give a feeling of outdoor adventure. As with the girls' version of this trend, colours of nature are mixed with bold, artificial brights.

As the mercury falls, a good coat and other cover-ups will become essential. Wrap up and stay warm in lots of easy layers of wool, corduroy and fleece.

"It's important to parents that kids' clothes are affordable, functional, comfortable, and easy to co-ordinate, but still fun and fashionable to keep children happy," Richter explained.



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VAN DEN BROEK
For Metro

It's so easy to get caught up in back to school shopping, isn't it?

As Toronto-based Walmart Canada's Back to School Pulse Check report discovered, nearly 52 per cent of respondents noted they make multiple trips to multiple stores to shop for supplies and spend an average \$190 per child.

So, what do you need to know for back to school shopping this fall? Metro asked some larger retailers to fill us in on top trends for kids and parents to stock up for school.

Licensing Is Hot

Think Angry Birds, boy band One Direction, Hello Kitty and superheroes of many colours feature prominently on a variety of school items. "Licenses are popular across the board from pencil cases to lunch bags to backpacks," says Carmelo Ragusa, senior category manager, stationary for Walmart Canada.

Personalized Is Popular

Whether it's buying pre-personalized items with their names on them or putting their stamp on their binders, kids want to leave their mark on their school supplies. "One trend we're seeing emerge is customization and personalization — so being able to doodle on your binder," says Ragusa. "There are binders out there right now that are doing really well where kids can do their own artwork on their binders with their own names and pictures."

All-In-One Kits

Steve Grebenc, a general manager for a west end Toronto-based Staples Canada,

notes one of its popular sellers includes The Kit from Dudley, which features a dry erase marker and board, calendar, mirror, cork board with thumb tacks and a Dudley combination lock. This year retailers are packaging kits and deals that include a matching backpack, lunch bag, pencil case and sometimes even water bottle.

Don't Forget Tech Accessories

For older students, tech accessories are fun as well — think USB keys with characters such as the Simpsons or Family Guy, or ear buds to listen to music while doing homework over lunch. Grebenc notes that ear buds are also having fun with design — Crayola's ear buds, for instance, look like a broken crayon is going through the wearer's head.

Watch For The Jungle

Jungle and animal prints continue to be popular on brightly coloured cases and binders — think zebra and other animal prints.



Top, Barbie and Cars backpacks, \$10 each, notepads, \$1 each, middle, four-piece backpacks, above, \$8.44 each, all available at Walmart, walmart.ca.



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London 2012

Hawking opens Paralympics

"Enlightenment" was the theme, physicist Stephen Hawking the guide and Olympic Stadium the venue Wednesday night as London welcomed 4,200 athletes from more than 160 nations to the 2012 Paralympic Games.

Who better to greet Paralympians than a scientist who has shown the world that physical disabilities do not limit human potential?

"The Paralympic Games is about transforming our perception of the world. We are all different, there is no such thing as a standard or run-of-the-mill human being, but we share the same human spirit," said Hawking, who was given two years to live in 1963 after he was diagnosed with motor neurone disease.

The extravaganza was billed as a voyage across "a sea of ideas" — including Isaac Newton's discovery of gravity, the force that all Earth-bound athletes strive against.

There are four Nova Scotians competing: Halifax natives Paul Tingley (sailing) and Jillian MacSween (goalball), Antigonish's Devin Gotell (swimming) and Donkin's Jamey Jewells (wheelchair basketball).

THE ASSOCIATED PRESS

Mixed martial arts

Grant bumped from UFC 152 main card

Cole Harbour's T.J. Grant has been bumped from the main card at UFC 152 in Toronto.

Grant was scheduled to fight Evan Dunham on the pay-per-view main card at Air Canada Centre but will now fight in the preliminaries on the FX Network because of adjustments that resulted from UFC 151's cancellation.

Grant has won back-to-back UFC bouts since moving from welterweight to lightweight and is 5-3 in the octagon. Dunham is 6-2 at the UFC level.

Fairview's Roger Hollett was also scheduled to fight, but his octagon debut is on hold because of injury.

METRO



T.J. Grant METRO FILE



Mooseheads left-winger Brad Cuzner tries to tip a shot past goaltender Marc-Olivier Daigle during a practice in the 2012 QMJHL playoffs in Rimouski, Que. METRO FILE

Moose roster has 'what it takes' to win: GM Russell

QMJHL. Mooseheads cut Cuzner, Desmond to finalize roster



MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads' roster for the start of the 2012-13 season is set.

The Mooseheads made 20-year-old left-winger Brad Cuzner and 19-year-old defenceman Josh Desmond their final cuts on Wednesday, leaving 24 players in the fold for the squad's QMJHL season-opener on Sept. 21.

They'll go with three goaltenders initially — Zach Fucale, Anthony Terenzio and Chris Clarke — along with eight defencemen and 13 forwards.

"I feel really good about our roster," said Mooseheads general manager Cam Russell. "We have tremendous depth. You look at it from top to bottom, we have a lot

of talent. We have some grit, we have some size, we have some skill ... It's a good mix of what I think it takes to win hockey games."

Because the QMJHL only allows teams to carry three over-agers, Cuzner — a fan favourite who kills penalties with aplomb — was squeezed out. Defencemen Konrad Abeltshauser and Steve Gillard and right-winger Stefan Fournier had a stranglehold on those spots coming into camp.

But cutting Cuzner, who had 12 goals and 12 assists for 24 points in 62 games last season, wasn't easy for Russell.

"He was a big part of our team last year and he plays with a lot of heart, enthusiasm," he said. "It's hard to find guys like him ... We're going to miss him but we hope somebody will step up and play the role that he played."

Cuzner is believed to be contemplating an offer to play at the university level with the Acadia Axemen

alongside former Mooseheads teammate Travis Randall.

Desmond, meanwhile, was another returning player who had five goals and 11 assists for 16 points in 52 games last season. He lost his job to newcomers Mac Weegar, Randy Gazzola and Brian Lovell and, after clearing waivers Wednesday, will report to the junior A Yarmouth Mariners.

The Musquodoboit Harbour native will effectively serve as the Herd's ninth defenceman and can be called up if needed.

"I think he's capable of playing for anybody in this league — he's a very solid defenceman," Russell said. "But we have so much depth, it's difficult."

The Mooseheads are taking five days off starting Thursday and will resume camp next Tuesday. They'll play four more pre-season games before opening the regular season three weeks from now on the road against the Cape Breton Screaming Eagles.

"Everybody's done a good

Final roster

- **Goaltenders (3)** — Zach Fucale, Anthony Terenzio, Chris Clarke.
- **Defencemen (8)** — Konrad Abeltshauser, Steve Gillard, Trey Lewis, Brendan Duke, Austyn Hardie, Mac Weegar, Randy Gazzola, Brian Lovell.
- **Forwards (13)** — Nathan MacKinnon, Jonathan Drouin, Martin Frk, Stefan Fournier, Brent Andrews, Darcy Ashley, Matthew Boudreau, Luca Ciampini, Andrew Ryan, Ryan Falkenham, Max Lindsay, Dominic Beauchemin, Liam Alcalde.

job in training camp so far," Russell said. "Obviously, when it's hard to say goodbye to the last few guys who are cut, it tells you you've got great depth on your hockey team."

4 SPORTS

Mobile sports



Usain Bolt already has his eyes set on the 2016 Olympics, but the Jamaican sprinting star has some time to fill in the next four years. Bolt says his focus will be on lowering his world-record times in the 100- and 200-metres and possibly adding long jump to his repertoire. Scan the code for the story.

Clijsters bids farewell after loss at Flushing Meadows

Tennis. Four-time Grand Slam winner will retire after U.S. Open

Kim Clijsters' singles career ended where she wanted it to, just not the way she hoped.

The four-time Grand Slam champion lost 7-6 (4), 7-6 (5) to 18-year-old Laura Robson of Britain in the second round of the U.S. Open on Wednesday, and will head into retirement after she finishes playing in doubles at Flushing Meadows.

Clijsters walked away from the sport once before, returning after a 2 1/2-year hiatus in 2009. But now 29 and a mother, the Belgian insisted this season that she means it this time, and decided the U.S. Open — and its hard courts that she conquered on the way to three championships — would be her final tournament.

"It's the place that has inspired me so much to do well and to do great things. It's hard to explain sometimes why," Clijsters said in an on-court interview, her face flushed and her eyes welling with tears.

"This completely feels like the perfect place to retire," Clijsters told the spectators at Arthur Ashe Stadium, many of whom rose to shower her with

Wozniak ousted

Quebec's Aleksandra Wozniak lost 6-3, 4-6, 6-2 to No. 15 seed Lucie Safarova of the Czech Republic.

a standing ovation. "I just wish it wasn't today."

The loss Wednesday ended Clijsters' 22-match winning streak in New York, encompassing titles in 2005, 2009 and 2010, plus Monday's first-round victory.

She missed the hard-court major in 2004, 2006-08 and last year, thanks to a combination of injuries and the time she took off while starting a family.

Her daughter, Jada, was born in February 2008. By August 2009, Clijsters was back on tour; unseeded and unranked, because she only played in two previous tournaments during her comeback, she won that year's U.S. Open.

"Since I retired the first time, it's been a great adventure for my team and my family," said Clijsters, who was 28-0 against players ranked outside the top 10 at the U.S. Open before Wednesday. "It's all been worth it. But I do look forward to the next part of my life coming up." **THE ASSOCIATED PRESS**



Kim Clijsters waves to crowd after losing to Laura Robson on Wednesday in New York. Clijsters says she will retire after playing in the doubles tournament. AL BELLO/GETTY IMAGES

Cycling. Defiant Armstrong tells cancer conference he's a 7-time Tour champ

Lance Armstrong introduced himself as a seven-time Tour de France champion at a cancer conference in Montreal on Wednesday.

"My name is Lance Armstrong. I am a cancer survivor," he said to open his speech to the World Cancer

Congress. "I'm a father of five. And yes, I won the Tour de France seven times."

Armstrong announced last week he would no longer challenge the U.S. Anti-Doping Agency's drug charges against him.

THE ASSOCIATED PRESS



Lance Armstrong in Montreal on Wednesday. THE CANADIAN PRESS

NHL. NHLPA to make counter-offer this week

There is no new deal on the horizon in the NHL's collective bargaining talks.

One day after receiving a proposal from the league that commissioner Gary Bettman labelled "meaningful" and "significant," the NHL Players' Association made it clear

Wednesday that it didn't share that view.

The union plans to deliver a counter-proposal by the end of the week, perhaps as soon as Thursday, with a Sept. 15 deadline for a lockout creeping closer.

THE CANADIAN PRESS

MLB

Recharged Escobar powers Jays to victory

Yunel Escobar got a much-needed break last week when he took three days off for the birth of his child and it's made all the difference.

Escobar hit a two-run homer, three doubles and drove in five runs as Toronto beat the New York Yankees 8-5 Wednesday.

The light-hitting shortstop went 15 games without getting more than a single before he went on the paternity list. In the four games back he has six for extra bases.

"At the time of the birth he was a little frustrated with how he was performing but that three-day break allowed him to relax and come back with a more positive mindset," injured slugger Jose Bautista said, translating for Escobar.

Escobar had a go-ahead RBI double in the third. His homer against Sabathia in the sixth gave the Blue Jays the lead again and his two-run double off Joba Chamberlain in the ninth helped secure Toronto's first series win since July 27-29. The five RBIs matched a career high for Escobar.

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Yunel Escobar gestures as he steps on home plate after hitting a two-run home run Wednesday in New York. THE ASSOCIATED PRESS

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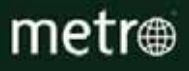
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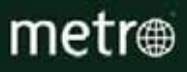
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Horoscopes

Aries

March 21 - April 20

If you cannot seem to make up your mind about an issue that should be cut and dried by now just choose a path and follow it to whatever destination it leads. Ultimately all roads lead to where you need to go.

Taurus

April 21 - May 21

If something that has been going smoothly comes to an unexpected stop today there is no need to panic. All that is happening is that you are being given a chance to reconsider your options. Make the most of it.

Gemini

May 22 - June 21

You might be tempted to overlook someone's faults and failings today but only do so if it does not leave you at a disadvantage. It's good to be generous but some people just cannot be trusted. Wise up.

Cancer

June 22 - July 23

Something you were enthusiastic about just a few days ago no longer seems like such a good idea, but don't walk away from it yet because the planets indicate it still has meaning and value. Give it more time.

Leo

July 24 - Aug. 23

You may decide to let someone off the hook, even though they don't deserve it. The simple fact is you don't have time to chase or chastise them. Hopefully they won't be so stupid as to test your patience again.

Virgo

Aug. 24 - Sept. 23

Something you are expected to do may not make a lot of sense but do it anyway and then forget it. If the powers that be say it's got to be done then trust them to know what they are talking about.

Libra

Sept. 24 - Oct. 23

You have been a bit free and easy with your cash of late (no change there then!) and will have to make some cutbacks

today. You don't have to starve yourself but five star dining is out, for now.

Scorpio

Oct. 24 - Nov. 22

A project you have been working on for some time is moving ahead at a snail's pace and you may be tempted to junk it. Don't! Today's Sun-Pluto link suggests you are about to enter a more dynamic phase.

Sagittarius

Nov. 23 - Dec. 21

Ignore the critics and cynics and strike out in a new direction. One quality you have never lacked is courage, so be brave and be the kind of Sag who tries something new and exciting each and every day.

Capricorn

Dec. 22 - Jan. 20

Once you understand a problem it ceases to be a problem. Knowledge removes all fears. Well, that's the theory anyway and you will get the chance to put it to the test today. Ask yourself: what can I learn?

Aquarius

Jan. 21 - Feb. 19

Recent upheavals were no doubt shocking but as you are the sort of person who thrives on change you had fun as well. Not everyone was so fortunate though, so you may need to help with some counselling today.

Pisces

Feb. 20 - March 20

Your luck is changing for the better, though that may not yet be obvious. Today's Sun-Pluto link will catapult you into the limelight and demand that you take a leadership role. Don't be scared. SALLY BROMPTON

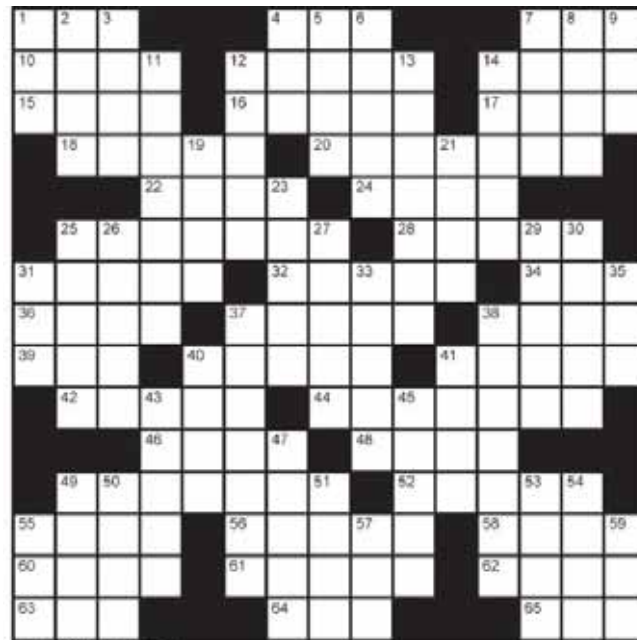
Crossword: Province, City, Land, Water

Across

1. Attractive leg, slangily
4. Cab alternative
7. Parliamentarians
10. Amor's Greek counterpart
12. Madras master
14. Short note
15. Princess of Star Wars
16. Angry bull's sound
17. "The ___-bitsy spider ..."
18. Province whose name means "swift flowing" in the Cree language
21. Endlessly worry
22. "Forget about it!" (from a casino term) (2 wds.)
25. Moves through mud
29. "___ Your Name": Mamas & Papas song (2 wds.)
31. Big letters for Internet stock companies
34. Buffy ___ (2 wds.)
37. Small iPod
39. Air conditioner coolant
40. Goes bad
41. They're in BC's Strait of Georgia (2 wds.)
44. ___ Miserables
45. Far above the ground
46. One Flew Over the Cuckoo's Nest novelist Ken
48. "He ___ the bank, three credit cards, four department stores": has much outstanding debt (2 wds.)
51. CFL whistle blowers
54. City in the Golden Horseshoe region of southern Ontario (2 wds.)
59. After-bath powder
62. Before surgery, in

Down

63. Bring in a harvest
64. "... there ___ square": it's the happening thing (2 wds.)
65. Weird
66. Computer menu selection
67. Parts of mos.
68. "Help!"
69. Repair tears
1. Becomes semisolid
2. Fields of learning
3. Damp
4. BMO, for one: Fr.
5. "Here comes trouble!" (2 wds.)
6. Ambulance alert
7. Encountered
8. Parliament heads
9. Asian sauce type
11. "For goodness' ___!"
12. Air France fleet component, once: initialism
13. Vitamin ___: riboflavin (2 wds.)
14. Subcompact
19. Belt-hole makers
20. Take ___ view of: be pessimistic about (2 wds.)
23. Christmas song
24. Crème de la crème
26. Blockheads
27. Damsel
28. Behave furtively
30. Not more
31. Actress Swenson of Benson (anagram of GAIN)
32. São ___: Brazil's largest city
33. At the minimum set-



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- ting (2 wds.)
35. Vocal sound
36. Finishes
38. Side with the football
42. Odd-sounding but grammatically correct answer to "Who's there?" (2 wds.)
43. Vassal
47. 2012 and 2013
49. Record, in a way

50. Shrek and Fiona, for two
52. Bloodsucking parasites
53. NWT's Great ___ Lake
55. Nestle candy bar from Britain
56. Kings: Fr.
57. Friend of Tarzan
58. Gush
59. CAA service
60. 40 days and 40 nights

- boat
61. 16-oz. units

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	9	7	5	3	6	1	2	4
5	6	1	7	4	2	8	3	9
3	2	4	8	9	1	7	6	5
4	7	2	3	1	5	6	9	8
6	3	5	4	8	9	2	1	7
1	8	9	6	2	7	4	5	3
7	1	3	2	5	8	9	4	6
2	4	8	9	6	3	5	7	1
9	5	6	1	7	4	3	8	2

1		6		8	
		3	5		9
		1		2	5
1			9	8	3
3		7	1	6	
8	7	2			1
8	7		4		
	4	1	6		
5		2		4	

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